

# Aunt Barbara's Chocolate Squash Cake

**Makes:** 12 Servings

Incorporating squash into a chocolate cake adds flavor plus fiber, vitamin

## Ingredients

- 1/2 cup** vegetable oil
- 1 package** cake mix, dark chocolate
- 1 teaspoon** ground cinnamon
- 3** eggs
- 1 1/4 cups** water
- 1 cup** squash (shredded or finely chopped)
- 1/4 cup** chopped walnuts (optional)



## Directions

1. Preheat oven to 350°F. Grease and flour a 10" tube or bundt pan.
2. In a large bowl, combine cake mix and cinnamon.
3. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed.
4. Fold in squash. Add nuts if you like.
5. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

## Notes

Other Ideas:

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>290</b>
Total Fat	17 g
Saturated Fat	2 g
Cholesterol	N/A
Sodium	379 mg
Total Carbohydrate	33 g
Dietary Fiber	1 g
Total Sugars	17 g
Added Sugars included	15 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 IU
Calcium	79 mg
Iron	2 g
Potassium	202 mg
N/A - data is not available	

MyPlate Food Groups	
 Grains	1 ounce
 Protein Foods	1/2 ounce

- Use a greased 9x13-inch pan. Bake for 45 minutes.
- To lighten cake, try 6 egg whites in place of whole egg.
- Replace 1/2 cup oil with 1/2 cup applesauce.

**Source:** Connecticut Food Policy Council. Farm Fresh Summer Recipes